

Basic Report 28291, Cookies, animal, with frosting or icing

Report Date: July 24, 2017 04:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 cookies 1 serving 31g	1 package (40 g) 40g
Proximates				
Water	g	2.00	0.62	0.80
Energy	kcal	509	158	204
Protein	g	3.00	0.93	1.20
Total lipid (fat)	g	24.10	7.47	9.64
Carbohydrate, by difference	g	70.09	21.73	28.04
Fiber, total dietary	g	0.9	0.3	0.4
Sugars, total	g	41.10	12.74	16.44
Minerals				
Calcium, Ca	mg	6	2	2
Iron, Fe	mg	1.57	0.49	0.63
Magnesium, Mg	mg	7	2	3
Phosphorus, P	mg	5	2	2
Potassium, K	mg	96	30	38
Sodium, Na	mg	257	80	103
Zinc, Zn	mg	0.24	0.07	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.280	0.087	0.112
Riboflavin	mg	0.150	0.046	0.060
Niacin	mg	1.700	0.527	0.680
Vitamin B-6	mg	0.014	0.004	0.006
Folate, DFE	µg	94	29	38
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.93	0.29	0.37

Nutrient	Unit	1 Value Per100 g	8.0 cookies 1 serving 31g	1 package (40 g) 40g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	6.0	1.9	2.4
Lipids				
Fatty acids, total saturated	g	16.200	5.022	6.480
Fatty acids, total monounsaturated	g	2.400	0.744	0.960
Fatty acids, total polyunsaturated	g	4.500	1.395	1.800
Fatty acids, total trans	g	0.515	0.160	0.206
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0